From:	iHealth <marketing@ihealthlabs.com>
To:	ehbarak1@gmail.com
CC:	
Date:	Tue, 4/22/2014 6:32:49 PM
Subject:	Boost your health for Spring!

Get your Spring savings today! View this email in your browser

iHealth

Spring is here and it's the perfect time to recharge your health...physically and mentally! Here are some quick tips to help you boost your health for the season:

1. **Take advantage of the longer daylight.** Exposure to direct sunlight can help boost your immune system.
2. **Eat fresh.** Go straight to the source and find where your local farmer's market is to get the freshest produce.
3. **De-clutter your home.** Less mess equals less stress.
4. **Create a goal.** Whether you're goal is to get fit or clearing out your winter wardrobe, create a goal and push yourself to achieve it. It will make you feel great once it's checked off your list!

EARN REWARDS WITH iHEALTH

Earn points to use towards your purchases at Walgreens with every iHealth measurement you take! With Walgreen's Steps for Balance Rewards program, each blood pressure, weight, activity or pulse oximeter reading you take turns into points you can redeem for money.

Sign-up and connect your iHealth device to start stacking up those points!

SIGN UP

SPRING SAVINGS HAVE SPRUNG!

Maintaining a healthy weight, monitoring your blood pressure and staying active are all part of being heart-healthy. Check out our affordable heart health and fitness bundles that make it easy to track all of your vitals from your mobile device available exclusively on ihealthlabs.com.

SHOP NOW

We would love your feedback!

We value our customers and always aim to improve our products and services. Please fill out this quick survey and let us know how we're doing. It should only take about a minute of your time.

TAKE SURVEY

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Mountain View, Ca 94043

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